

Version with Markings to Show Changes Made

1. (Amended) A home trainer designed to accommodate a bicycle, the home trainer comprising a brakable drive roll incorporated in a frame, which drive roll can be mounted in a friction coupling with a driven wheel of the bicycle, [characterized in that on the frame (1)] a sub-frame [(7) is] provided on the frame that is rotatable about a first pivoting point [(6)], the drive roll [(5)] being mounted in the sub-frame [(7)], [and in that the frame (1) is further provided with] a handle [(9)] provided on the frame and rotatable about a second pivoting point [(8)], which handle is adjustable between an operational position [(Fig. 2)] wherein the handle [(9)] pushes the sub-frame [(7)] towards the wheel [(4)] such that the drive roll [(5)] and the wheel [(4)] maintain the friction coupling, and a neutral position [(Fig. 1)] wherein the handle releases the sub-frame [(7)] such that the drive roll [(5)] and the wheel [(4)] do not engage.

2. (Amended) A home trainer according to claim 1 [, characterized in that] wherein the handle [(9)] is provided with an adjustable tuning knob [(10)] for determining the position of the sub-frame [(7)] in the operational position [(Fig. 2)].

3. (Amended) A home trainer according to claim 1 [or 2, characterized in that] wherein at [the] a side directed towards the sub-frame [(7)], the tuning knob [(10)] is provided with a bush [(11)], and [in that] the sub-frame [(7)] has a sliding rim [(12)] designed to intermate with the bush [(11)], the sliding rim [(12)] terminating in a recess [(13)] which, when the bush is placed therein, determines the operational position [(Fig. 2)] of the handle [(9)].

4. (Amended) A home trainer according to [one of the preceding claims, characterized in that] claim 1 wherein the drive roll [(5)] is coupled with a flywheel [(14)] that conducts at least partially magnetic lines of flux, and [in that further] additionally comprising a position-adjustable magnet [(15)] is provided which is] located near the flywheel [(14)].

5. (Amended) A home trainer according to claim 4 [, characterized in that] wherein the magnet [(15)] is adjustable to a position between a neutral position near a pivoting point of the flywheel [(14)] and a maximal brake position near [the] an outer circumference [(14')] of the flywheel [(14)].

6. (Amended) A home trainer according to [one of the claims 4-5, characterized in that] claim 4 wherein the flywheel [is provided with] comprises recesses [(18) preferably] over a periphery located near the neutral position of the magnet [(15)].

7. (Amended) A home trainer according to [one of the claims 4-5, characterized in that] claim 4 wherein the flywheel comprises an [aluminium] aluminum disc [(19)] and [in that the] wherein a remainder of the flywheel [(14)] is substantially made of steel.

8. A home trainer according to [one of the claims 4-5, characterized in that] claim 4 wherein the magnet is coupled with a spring-loaded cable [(16)] and [that] the magnet [(15)] is adjustable by operating [the] a cable [(15)].

[illegible]

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